

RSHAPPENINGS

The official newsletter of Richmond State Hospital



<https://www.in.gov/fssa/dmha/3305.htm>

August 7, 2020

Our Mission:

To provide individualized patient care as the center of all we do.

Our Values:

Recovery
Strength
Hope

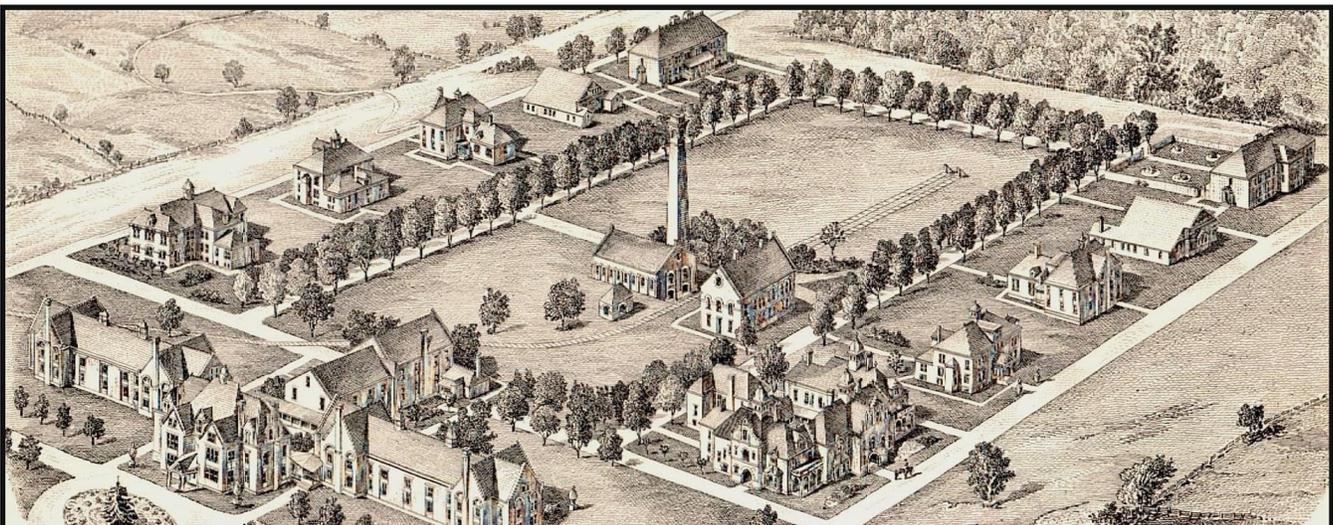
Our Vision:

To be a Center of Excellence that meets the evolving public health and patient care needs through:

Community Partnerships
Innovation
Technology
Evidence-based Practice

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Original Richmond State Hospital Plans

Emotions

By: Terresa Bradburn

The Purpose of our Emotions –How our feelings help us thrive and strive

Emotions can play an important role in how we think and behave. The emotions we feel each day can compel us to take action and influence the decisions we make about our lives, both large and small. In order to truly understand emotions, it is important to understand the three critical components of an emotion.

There are three parts to an emotion:

1. A subjective component (how you experience the emotion)
2. A physiological component (how your bodies react to the emotion)
3. An expressive component (how you behave in response to the emotion).

These different elements can play a role in the function and purpose of your emotional responses.

Emotions can be short-lived, such as a flash of annoyance at a co-worker, or long-lasting, such as enduring sadness over the loss of a relationship. But why exactly do we experience emotions? What role do they serve?

Emotions can make us take action

When faced with a nerve-wracking exam, you might feel a lot of anxiety about whether you will perform well and how the test will impact your final grade. Because of these emotional responses, you might be more likely to study. Since you experienced a particular emotion, you had the motivation to take action and do something positive to improve your chances of getting a good grade.

We also tend to take certain actions in order to experience positive emotions and minimize the probability of feeling negative emotions. For example, you might seek out social activities or hobbies that provide you with a sense of happiness, contentment, and excitement. On the other hand, you would probably avoid situations that might potentially lead to boredom, sadness, or anxiety.

Emotions help us thrive, strive and avoid danger

Naturalist Charles Darwin believed that emotions are adaptations that allow both humans and animals to survive and reproduce. When we are angry, we are likely to confront the source of our irritation. When we experience fear, we are more likely to flee the threat. When we feel love, we might seek out a mate.

Emotions serve an adaptive role in our lives by motivating us to act quickly and take actions that will maximize our chances of survival and success.

Emotions can help us make decisions

Our emotions have a major influence on the decisions we make, from what we decide to have for breakfast to which candidates we choose to vote for in political elections. Researchers have also found that people with certain types of brain damage affecting their ability to experience emotions also have a decreased ability to make good decisions.

Even in situations where we believe our decisions are guided purely by logic and rationality, emotions play a key role. Emotional intelligence, or our ability to understand and manage emotions, has been shown to play an important role in decision-making.

Emotions allow other people to understand us

Just as our own emotions provide valuable information to others, the emotional expressions of those around us give us a wealth of social information. Social communication is an important part of our daily lives and relationships, and being able to interpret and react to the emotions of others is essential. It allows us to respond appropriately and build deeper, more meaningful relationships with our friends, family, and loved ones. It also allows us to communicate effectively in a variety of social situations, from dealing with an irate customer to managing a hot-headed employee.

Charles Darwin was one of the earliest researchers to scientifically study emotions. He suggested that emotional displays could also play an important role in safety and survival. If you encountered a hissing or spitting animal, it would clearly indicate that the creature was angry and defensive, leading to you back off and avoid possible danger.

Understanding the emotional displays of others gives us clear information about how we might need to respond in a particular situation.

Our emotions serve a wide variety of purposes. Emotions can be fleeting, persistent, powerful, complex, and even life-changing. They can motivate us to act in particular ways and give us the tools and resources we need to interact meaningfully in our social worlds.

<https://www.verywellmind.com/the-purpose-of-emotions-2795181>

Upcoming KRONOS Training

By: Teresa Bradburn

Training is two hours and managers/supervisors must attend one of the trainings below:

Date	Start Time
Session 1	1:00 pm
Session 2	9:00 am
Session 3	11:30 am
Session 4	8:00 am
Session 5	1:00 pm
Session 6	2:30 pm
Session 7	7:00 am
Session 8	1:30 pm
Session 9	7:00 pm
Session 10	1:30 pm

Staff Education Training for August

8/10 – 3 Ways to Stop Chaos -Start Respect -All Staff

8/24 – Responding to Abusive Behavior -All Nursing/Clinical

Med of the Month -All Nursing

Falls Prevention Monthly Training -All Nursing

Professional Boundaries Part 2 -All Staff

8/11-8/22 – Kronos -Managers/Supervisors (pick one course during those dates to complete)

Department Spotlight

By Warren Guess

The RSH Housekeeping Department is excellent. Housekeeping performs some of our most important tasks and jobs. Whether it is cleaning patient rooms, patient and staff restrooms, our offices, and/or complete buildings; setting up visitation areas, blood drives, and bio-metric screening events; or completely cleaning out older buildings and hospitality houses or setting up for our annual holiday meals, the RSH Housekeeping Department gets the job done and keeps moving forward.

The Housekeeping Department has the ability and desire to be flexible and work with any other department. Whether it has been maintenance, nursing, or even the Executive Team, housekeeping has always believed in the concept of whatever it takes to get it done and with whomever!

Currently, the Housekeeping Department is anchored by the Executive Housekeeper Lora Kinder (23 years as a housekeeper) and housekeeper of 25 plus years Laura “Corky” Study. Combined, these two individuals have over 45 years of experience in housekeeping and are always eager and generous with their knowledge to others.

The supporting cast of housekeepers is quite special too. Individuals like Cheryl Griffin, David Murphy, and Joyce Privett provide focused energy in all the right places. Whether its Cheryl’s high quality cleaning abilities, Joyce’s unmatched cleaning production, or David’s willingness to work with patients on the 422s, their work positively reflects on housekeeping and encompasses a culture of “all hands on deck should help wherever”.

The future of the Housekeeping Department looks extremely bright too. Several additions to the department within the last year and a half such as Carrie Ingle, Sherri Lewis, Amy Hockersmith, Tiffany McCuin, Sara Marsh, and Kenny Terhaar, all embody what the future of the Housekeeping Department should be—focused on work, helping co-workers, and making the best efforts to clean the environment for the patients.

I believe this is the hardest working group of housekeepers RSH has seen in a long time. Housekeepers in this department know we are going to work hard and they gladly perform at a high level whenever asked. The Housekeeping Department’s housekeepers are moms, fathers, sisters, brothers, friends, co-workers, mentors, and leaders; but most importantly, they are here for the patients and all of us. I am proud to be the Director of Housekeeping and the individuals mentioned above make it impossible to think otherwise. Thank you all for all you do every day to make the Housekeeping Department a success!



Week 3 starts Monday August 10, 2020. Meals are \$1 for staff during the week and free on weekends. Meal times are during the unit meals and are as follows:

Breakfast 8:00am-9:00am, Lunch 11:00am-12:15pm and Dinner 4:00pm-5:00pm.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Apple Juice	Orange Juice	Grape Juice	Apple Juice	Orange Juice	Fruit Juice	Fruit Juice
	Cinnamon Oatmeal	Rice Crispy Cereal	Toasted Oats	Cinnamon Oatmeal	Corn Flakes	Cold Cereal	Cold Cereal
	PBJ Mix	Egg, Cheese, Potato Hash	Scrambled Egg, Sausage, English Muffin	Gravy and Biscuit	Blueberry Pancakes	Fruit	Yogurt
	1% Milk	1% Milk	1% Milk	1% Milk	Egg Hard Cooked	Pop Tart	Muffin
	Coffee	Coffee	Coffee	Coffee	1% Milk, Coffee	Coffee	Coffee
L U N C H	Spaghetti and Meat Sauce	Meatballs with Gravy	Chicken Patty	Beef Enchilada Casserole	Pizza	Roast Turkey, Gravy	Chili Macaroni Casserole
	Broccoli	Mashed Potatoes	Cin. Sweet Potato	Spanish Rice	Carrots	Mashed Potatoes	Cornbread
	Garlic Bread	Peas, Fruit	Lettuce, Green Beans, Fruit	Refried Beans, Fruit	Garlic Bread	Peas, Fruit	Green Beans, Fruit
	Fruit	Choc. Milk	1% Milk	1% Milk	Fruit	1% Milk	1% Milk
	1% Milk				1% Milk	1% Milk	1% Milk
D I N N E R	Chicken Nuggets	Tomato Soup	Tuna Pasta Salad	Hot Dog	Cornflake Chicken	Fish Fillet	Hot T. Ham & Cheese
	French Fries	Grilled Cheese	Carrots	Wedged Fries	Parsley Potatoes	Brown Rice	O'Brien Potatoes
	Green Beans, Fruit	Mixed Vegetables	Spice Cake	Creamy Cole Slaw	Broccoli Salad	Pilaf	Corn & Bean Salad
	Fruit Drink	Brownie	Fruit Drink	Choc. Pudding	Yellow Cake	Yellow Squash	Red Gelatin
		Fruit Drink		Fruit Drink	Unsweetened Iced Tea	Poke Cake	Fruit Drink

Pet of the Week

Karma is 11 months old American Pitbull that came from Luca Smith's cousin's litter. She is a great guard dog, sweet and lovable, VERY smart, courageous and loyal. Karma is very affectionate, loves to cuddle and does not have one mean bone in her body. She recently had a traumatic event where she jumped out of the truck window to chase a smell, got lost on the scent and couldn't find her way back. Lucas was devastated looking days and nights for her. As luck would have it, Lucas laid a blanket they both used where she was last seen and the next day she was laying on it. They were reunited and she has not left his side since as they live happily ever after!



Weekly Safety Tips

Know where all emergency exits are. Never place anything in front of an emergency exit door, even if it's only for a few minutes. While this might sound like a no-brainer, it's surprising how many items get set in front of emergency exits.



Years of Service Anniversaries

August 8: Nancy Wood (26), Nicole Eagles (26), John Haines (15)

August 11: Sherry Dawn (23)

August 12: Bethany Cornett (1), Tina smith (1)

August 13: Tammy Longworth (30), Merry Delk-Dane (8)

August 14: Julie Klingman (3)



Campus Wonders

By Aubrey Blue

Photo provided by Jennifer Sellers

Sedum:

Plant them and forget them! That basically sums up why you should include a variety of sedum in your garden and landscape. Available in a seemingly endless selection of sizes, colors, and shapes, sedum vary from 3-inch-tall ground huggers to 3-foot-tall. Their adaptable nature also allows sedum to work as well in the landscape as it does in containers. Most sedum bloom in the late summer and fall and produce nectar-rich heads of rose, red, yellow, or white flowers that will attract butterflies from miles around. When not in bloom, sedum shows off fleshy bright green, gray, red, maroon, chartreuse, or variegated foliage from early spring till frost. Sedum is also deer resistant. Hardy from zones 3-8. (HINT: we are in zone 5b per USDA Plant Hardiness Zone Map)



Upcoming Birthdays

August 9: Doris Bell

August 10: Josh Alcorn, Haley Miller

August 12: Rebecca Conley, Dakota Resler, Kim Shaffer

August 13: Marquis Cofield, Gennifer Phillips

August 14: Chris Knox, Scott Knox



If you have ideas or suggestions, please contact Kathy Stone (Kathy.Stone@fssa.in.gov).